



Energizer of the Month:

Persimmon As-If!

Play this fun classroom energizer to learn about champion sources of beta-carotene.

Ready:

- Have students spread out within the classroom or stand behind their desks with chairs pushed-in. Students should be able to stretch their arms out in all directions without touching anyone else.

Set:

- Tell students: “This month, persimmons are the *Harvest of the Month* and they are a good source of beta-carotene. Your body takes beta-carotene and changes it into vitamin A, which helps maintain good vision, fights infection, helps cells grow, and keeps skin healthy. Beta-carotene is found in fruits and vegetables that are dark orange or green.”

Go:

- Say: “Let’s use our imaginations to explore fruits and vegetables that have lots of beta-carotene.”
 - Reach up as if you’re picking a persimmon from a tall tree.
 - Bend down as if you’re pulling a carrot from the garden.
 - Swim as if you’re in a big bowl of persimmon soup.
 - Sway back and forth as if you’re a papaya tree in a tropical breeze.
 - Move your arms as if you’re a sprinkler watering the cantaloupe plants at a farm.
 - Squat down, then act as if you’re lifting a giant pumpkin off the ground.
 - Stomp your feet as if you’re crushing a Hachiya persimmon to make persimmon bread.
 - Move your arms as if you’re stirring a big pitcher of mango juice.
 - Jump up and down as if you’re a spinach salad being tossed!

Created by Laurel Chambers
Physical Activity Specialist—*Northcoast Region*
lchambers@healthcollaborative.org

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www.cachampionsforchange.net for healthy tips.
•California Department of Public Health



Energizer of the Month:

Persimmon Code Breakers

Play this fun classroom energizer to learn the difference between Fuyu and Hachiya persimmons..

Ready:

- Have students spread out within the classroom or stand behind their desks with chairs pushed-in.

Set:

- Tell students: *“There are two varieties of persimmons that are grown in California: Fuyu and Hachiya. Fuyu persimmons are non-astringent, light orange, and shaped like a pumpkin. They are sweet and crunchy when eaten raw. Hachiya persimmons are astringent, dark orange-red, and shaped like an acorn. They must be jelly soft before they are edible and they are mostly used for baking.”*
- If possible, draw a table on the chalkboard listing the differences between the two varieties; or have a taste-test so students can taste the difference.

Go:

- Say: *“Today we are going to pretend to be secret agents. We have a list of clues and each one refers to either the Fuyu or Hachiya variety of persimmon. There might be spies listening in, so instead of saying the answer out loud you will act it out. If the answer is Fuyu, stick your elbows out to the side and squat down to make your body round (like the Fuyu). If the answer is Hachiya, put your hands over your head to make a point (because the Hachiya is pointed) and jump up and down.”*

Clues:

- The type of persimmon that is a dark orange-red color. (Hachiya)
- A persimmon that is pumpkin-shaped and round on the bottom. (Fuyu)
- The non-astringent variety that can be eaten raw like an apple. (Fuyu)
- The kind that has to be very soft and squishy before it can be eaten. (Hachiya)
- The type that is light orange. (Fuyu)
- The one that can be eaten raw when firm and crunchy. (Fuyu)
- The astringent variety that is mainly used for baking. (Hachiya)
- The kind that is acorn-shaped. (Hachiya)